

The Toolbox



October 2023

Whitney Pangburn ~ District Governor

Barb Wyllie ~ Toolbox Editor

Please send submissions to Barb at: THETOOLBOX7190@GMAIL.COM

Deadline: 20th of the month

Could You Be Our CNY Rotary Leader for 2026-27?

by CNY Rotary Communications

It is time once again for us to seek nominations for a President of CNY Rotary. Similar to how we found our President Nominee last spring, we'll open up nominations for one month and a candidate must be nominated by their club. But that doesn't mean you have to wait to see if your club asks you! If you are interested and qualified, you can approach your club's president to ask them to take your name to the board and help you complete the nomination form.

To qualify, you will have to have been in Rotary for seven years by the time you take office July 1, 2026. You also have to have completed a year as a club president and be an active member in good standing. And you will want to be someone who thrives on meeting new people, enjoys sharing the inspiring word of Rotary, and likes traveling around our beautiful region.

Preparation for becoming President of CNY Rotary will start as soon as the candidate is confirmed with joining the leadership team and attending multiple trainings provided (and paid for) by Rotary International. There will be plenty of time to ramp up your Rotary IQ, work with the CNY Rotary team and hone your leadership skills.

[Click here](#) for details on the nominating process, including the nomination form and more details on the role. We will also ask you to submit a Rotary resume.

All nominations are due by October 31st and interviews will be conducted in November via zoom.

Being a volunteer leader is a special role that requires more sacrifice, but is richly rewarding. Whether it is you who is up for the challenge, or you know someone else who would be a great fit, now is the time to act. Thank you in advance to the candidates who come forward and to the nominating committee for their important work in this process!

Please follow [@CNYRotary on Facebook](#) and Instagram for the latest news and helpful tips. You can visit www.cnyrotary.org for more information and to connect with us!

WANT TO HELP?

The first meetings of these planning groups are coming up!

We are starting the process of creating two new committees that none of the current districts have. We are building them from scratch, which requires people and imagination! Do you have talents to share?

Helping in the creative phase does not obligate you to serve on the committee.

EVENTS

Tues, Oct 10 @ 6pm

SERVICE

Friday, Oct 20 @ 9am

The first zoom meeting will be your chance to meet fellow committee members and map out a timeline for completing this important work.

To get the zoom link and join these working groups, reach out to President Elect Lizzy at rotarylizzy@gmail.com.





DISTRICT EVENTS AT A GLANCE

- **NOW: Raffle Items Needed** for Foundation Dinner p3
- **NOW: Book Orders being taken** pp 5, 12
- **October Social to be announced.**
- **Oct 1: Zone Meeting** (Culmination)
- **Oct 9: Columbus Day**
- **Oct 10: Want to Help w/ Events?** 6pm (see p 1)
- **Oct 18: Exec Comm Meeting** 7-8pm via zoom
- **Oct 20: Want to Help w/ Service?** 9am (see p 1)
- **Oct 24: World Polio Day** p 4
- **Oct 31: Halloween**
- **Nov 16: Foundation Dinner** (at The Edison Downtown Schenectady)
- **December Holiday Social to be announced.**
- **January Social to be announced.**
- **Feb 7: Exec Comm Meeting** 7-8pm via zoom
- **Feb 23: Rotary Birthday Party**
- **March 15-17: President Elect Training (PETS)** (Syracuse Doubletree) p 5
- **March Social to be announced.**
- **April 6: District Training Assembly**
- **April 26-28: District Conference** (Binghamton Doubletree)
- **May Social to be announced.**
- **May 15: Exec Comm Session** 7-8pm via zoom
- **June Social to be announced.**

CLUB EVENTS AT A GLANCE

- **NOW: Scarecrows Arrival** by Middleburgh Rotary p 3
- **NOW: Holiday Raffle ticket Sale** by Sch'dy East p 3
- **NOW: Help Girls in Malawi** by Niskayuna Rotarian p 6
- **NOW: Food Drive** by BHBL Rotary p 5
- **NOW: Homemade Soap Sale** by Rotterdam Sunrise p 6
- **NOW: Buy a Water Tank** by Lake George Rotary p 11
- **October 7: Fall Festival** by Middleburgh Rotary p 2
- **October 8: Suicide Prevention Walk** by Middleburgh Rotary p 2
- **November 1: 1st Responder Recognition Breakfast** by Albany Rotary p 4
- **November 2: MoonBee** by Scotia Rotary p 4
- **December 13: Holiday Raffle Drawing** by Schenectady East Rotary p 3
- **February 3: Outhouse Races** by Shen Rotary p 5

**MIDDLEBURGH'S
31ST ANNUAL
TIMOTHY MURPHY
FALL FESTIVAL**

FALL FESTIVAL

SATURDAY, OCTOBER 7

- ARTISAN VENDORS 9-3
- FOOD TRUCKS 9-3
- 10K WALK/RUN FOR THE ENVIRONMENT @ 9
- PARADE @ 11
- OKTOBERFEST 12:30-6

Presented by the Village of Middleburgh,
Middleburgh Rotary, & West Fulton Rod & Gun Club

See you in October!
Questions? Contact middleburghrotaryclub@gmail.com
and we will direct you to the proper coordinator!



10K Registration Link

Rotary
Middleburgh, NY
District 7190

**WALK
WITH US
TO PREVENT SUICIDE
REGISTER TODAY**

Sunday October 8, 2023

Middleburgh Jr/Sr High School

Check-in and on-site activities start at 11:00 am

To register or donate:
afsp.org/middleburgh



American
Foundation
for Suicide
Prevention



OUT OF THE
DARKNESS
Community Walks

Middleburgh Rotary announces...

The Scarecrows Have Arrived!!!

The Middleburgh Scarecrows are making their 7th appearance and are ready to greet visitors from far and wide! Take a drive to the beautiful Schoharie Valley and enjoy their scenery, farmstands and scarecrows.

This year, the People's Choice voting is back, and with your donation of non-perishable food items or personal care items, you'll receive a vote for each item. With this effort Middleburgh Rotary will be able to provide support to the four food pantries that support families in their school district along with a newly established effort at their Methodist Church.

**Scarecrows will be on duty from
September 25-November 15.**



Franken-scarecrow



Head over Heels for Pancakes Scarecrow

Hubie's Pizza Chef Scarecrow

Gift Certificates
Gift Baskets
New Items

Raffle items Needed for District 7190 Foundation Dinner on November 16th!

Contact Marisa Multari
518-929-5902

GIFT CERTIFICATE

your help means a lot!

~ ~ ~



SCHENECTAY EAST ROTARY CLUB

ENTER A CHANCE TO WIN

\$500.00

PROCEEDS SUPPORT LOCAL COMMUNITY PROJECTS

COST: **\$5.00** DONATION PER TICKET

DATE OF DRAWING: **DECEMBER 13, 2023**



World Polio Day 2023 October 24th

By Randy Wilson

Join the global movement on 24 October as Rotary, Rotaract, and Interact clubs around the world take action to promote awareness of polio and raise funding for Rotary's polio eradication efforts. With poliovirus being reported in previously polio-free areas, the past few years have truly shown that polio anywhere is a threat to children everywhere.

In this critical year for polio eradication, **we need your help** to show the world the tenacity of Rotary members in accomplishing an audacious goal: a polio-free world. Visit our **World Polio Day** webpage for resources and tips on how you and your club can participate in promoting a polio-free world on 24 October.

Let's make polio history. Together, we end polio!



ALBANY ROTARY PRESENTS
2ND ANNUAL FIRST RESPONDER
RECOGNITION BREAKFAST

SAVE THE DATE

NOVEMBER, 1, 2023 AT 7:30AM

**JOSEPH ZALOGA POST ON
EVERETT RD IN ALBANY NY
CHECK FACEBOOK OR
EVENTBRITE FOR MORE
INFORMATION**

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Scotia Rotary presents a
MoonBee
Thursday,
November 2, 2023
6:30 pm - 8:30 pm
Scotia Glenville
Senior Center
32 Worden Road Scotia,
NY 12302



Join us for a MoonBee hosted by the Scotia Rotary Club. If you sew, please bring your machine. Don't sew? Come anyway — there are plenty of jobs for everyone. Men and children are welcome!!

Please remember to bring disposable menstrual products for donation to local food pantries and shelters! Help us put a dent in period poverty at home and around the world.

This will be a combination service project and social event. The MoonCatcher Kits keep girls from dropping out of school. The washable kits only require \$7 to make, and they are long lasting, 5+ years.

Save the Date!

**Shenendehowa Rotary Club
presents its 8th annual**

Winter Outhouse Race

Saturday, February 3rd

Entry fee \$50/ team.

***If you don't have an outhouse
you may rent one.***

Team Registration at 12 noon

Races Begin at 1 pm

Clifton Common

Clifton Common Blvd., Clifton Park, NY

Each Outhouse Race Team includes 5 members. One person rides and the remaining team members push and pull the decorated outhouses around the racetrack. Each race consists of two teams racing against each other with the winner advancing to the next level. The event is free to the public. Team themes and costumes are encouraged. Each team must pay an entrance fee. There are cash prizes for First place, Second place and Third place, as well a prize for the Best Themed Team. Teams may use this opportunity to raise money toward their own cause. **For details, contact Ray Anthony**
ray.shenrotary@gmail.com . ~ ~ ~

District 7190 offers

Polio Survivor Louise Rourke's Inspirational Story: *Called by the Water*

Learn how Louise's life-long experiences shaped her desire to pursue challenges others may have considered impossible. If you recall, Louise participated in a swim relay across the 32 miles of Lake George and raised over \$100,000 for the End Polio Campaign, including matching funds! Thank you for your support.

\$20 per book / \$35 for a signed copy

*Your donation supports the Rotary Foundation
Campaign to Eradicate Polio.*

To purchase books, email Doug Ford at

doug.ford@curtislumber.com

See flyer on page 12.

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Burnt Hills-Ballston Lake Rotary

continues to provide an

"Operation Hunger"

Collection Box

at Gil's Garage

817 Saratoga Rd, Burnt Hills, NY

Collecting non-perishable food items.

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**Empire
Rotary**

Multi-District PETS

Training for President Elects, Assistant
Governors and members of Rotary
Districts 7120, 7150, 7170 and 7190

SAVE THE DATES





Pre-PETS Virtual Sessions will be held on
zoom at 7pm on these four dates:
Monday, Feb 5
Tues, Feb 13
Wed, Feb 21
Thurs, Feb 29

IN PERSON TRAINING WEEKEND
March 15-17, 2024
 NEW LOCATION:
 DOUBLETREE CARRIER CIRCLE, SYRACUSE

Find us on



Empire Multi-District PETS

www.rotaryempiremdpets.org

<https://www.facebook.com/profile.php?id=1000802436944>

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Rotterdam Sunrise Rotary is selling Homemade Soaps

A great gift idea for any holiday!

\$5/bar or \$20 for 5 bars in a decorative bag

Free shipping and/or delivery.

Please contact Michael Surin by text at 518-810-8338 or email msurin@nycap.rr.com.

Or join their weekly meetings at 7:15 am at the Bellevue Café in Schenectady, NY.

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Help Empower Girls in Malawi

<https://smile.amazon.com/ch/26-3821877Viullage>

Chituka Village Project update here:

<https://youtu.be/m7qO2lsXdBo>

Thank you very much.

Keni Mtalika Banda, Niskayuna Rotarian
Founder/CEO Banda Bola Sports Foundation, Inc.

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Middleburgh Rotary's October Events!

by Joan Wissert

Middleburgh Scarecrows are making their 7th appearance and are ready to greet visitors from far and wide! Take a drive to the beautiful Schoharie Valley and enjoy our scenery, our farmstands and our scarecrows. This year, our People's Choice voting is back, and with your donation of non-perishable food items or personal care items, you'll receive a vote for each item. With this effort, we're going to be able to provide support to the four food pantries that support families in our school district along with a newly established effort at our Methodist Church. Scarecrows will be on duty from September 25-November 15. *Additional information on page 3.*

Our 31st Annual Timothy Murphy Fall Festival will be held on Saturday, October 7. This event includes artisan vendors, food trucks, a parade, a 10K and the splendor of all that shouts FALL in Middleburgh! *Flyer on page 2.*

On Sunday, October 8, we'll be hosting the Schoharie County Walk out of Darkness to show support for those who have been impacted by suicide. Two of our newest Rotarians, Blakely Brown and Katelynne Schuttig are coordinating this event. *Flyer on page 2.*

If you have any questions about these events, please email middleburghrotaryclub@gmail.com
We hope to see you soon!

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Our In-Bound Exchange Students Have Arrived!

by Thomas Rogers



Mahi Bardia (F) India: Salem Rotary



Maks Szadurski (M) Poland: Delmar Rotary



Julian Weyrauch (M) Germany: Middleburgh Rotary



Giovana Souza dos Santos (F) Brazil: Schenectady Rotary

Continued on next page...



**Kent Matsuzaki (M) Japan:
Glens Falls Rotary**



**Jamie Vivancos (M) Spain:
Ballston Spa Rotary**



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Arrival of Exchange Student from India by Al Cromier

Mahi Bardia, exchange student from India, was welcomed at a recent Salem Rotary Club meeting. Mahi is the first Indian exchange student to attend Salem Washington Academy. Her home is in Nagpur, India, where her parents and two siblings live; her father a businessman and her mother a teacher of handwriting. Mahi's command of English is excellent and her description of her home and the state of Maharashtra on the western side of India, bordering the Arabian Sea, informative. Mahi is staying with the John and Karen Hickland family as her first host family. Since 1969, the Salem Rotary Club has hosted 99 foreign exchange students; Salem Washington Academy, including other exchange programs, has hosted 114 exchange students



*Above, the Hickland family is
welcoming Mahi at the Albany
Airport. Mahi is on the left.*

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Long Time Golf Tournament Organizer Steps Down

Recently, Glenville Rotarian Dennis McGlaulin stepped down as the Chairperson of Glenville Rotary's Annual golf tournament. He did so proudly and respectfully. This year Glenville's golf tournament, held at Pinehaven Country Club in Guilderland, NY was a huge success with a record number of participating golfers. Pinehaven Country Club is a PGA private country club which closed for the day to host the tournament as they have done for every Glenville Rotary and Gift of Life golf tournament Dennis has chaired. They are by "par" the best in the area. Dennis' expertise as Chairperson for various golf tournaments extends over 17 years, starting in 1983 with the National Kidney Foundation. As a kidney cancer survivor, his immediate response was that he would gladly take on that responsibility. He has always believed in giving back to the community and helping others Dennis chaired four events for them. Several years passed and when he moved to the capital region, he saw on the billboard at the Village Queen Diner that Glenville Rotary was having a golf tournament. At the time he knew nothing about Rotary but took the opportunity to play golf and meet new people he now calls his friends. Dennis joined Glenville Rotary and was also asked to become a Board member for Gift of Life. He was part of the Gift of Life board for three years, and in first couple of months of joining the board was asked if he could help organize and run their golf tournaments. The Gift of Life mission is to provide cardiac treatment for children from emerging countries. In those three years he helped raise over \$54,000 dollars for this lifesaving organization.

In his last stance as golf tournament Chairperson, Dennis organized and ran three successful golf tournaments for Glenville Rotary so that they could help give back to the community and help others. So now, after 17 tournaments of running golf tournaments, Dennis has announced that he has officially retired as the Glenville Rotary Golf Tournament Chairperson. He requests that as members carry on organizing future golf tournaments, that they continue following the Rotary 4-way test. In addition, he thanks everyone who has helped him in helping others over the past 17+ years he served as Golf Tournament Chairperson.

On behalf of all the people Dennis has helped over the years, we would like to say 'thank you' to him. Thank you for the hard work and dedication, and the love and devotion he has poured into all the Golf Tournaments he has successfully chaired over the years, and for the resulting money generated to help so many others.

Pictured below: Dennis with his wife Carol, 2023 golf participants, and Dennis' golf tournament slogan.



A Charitable Foundation of Your Very Own

by Lon Penna

How would you like to start your own Charitable Foundation? You could even name it after yourself, like “The Mary Smith Charitable Fund”. The Rotary Foundation can set it up for you. It’s fast. It’s free. The money you add to your own fund is federally tax deductible. Anyone who contributes to your fund also gets a tax deduction. No need to submit annual tax returns because The Rotary Foundation will do that for you. Who decides how the money is invested? Who decides how the money is spent? It can be you. Or your children. Or your grandchildren. Or your club members. Or anyone you select. What’s the catch?

Well, you will need to contribute 1% to the Rotary Foundation every year. So, if your fund has \$10,000, your Fund will automatically contribute \$100 to The Rotary Foundation. But guess what? The Rotary Foundation is restricted to using your \$100 to carry out charitable projects. Who could ask for more than that? So, Mary Smith, if you would like more information on setting up The Mary Smith Charitable Fund, contact Heidi Stimac, Planned Giving Specialist, The Rotary Foundation, 847.866.3188, planned.giving@rotary.org. Or you can contact Niskayuna Rotary at NiskyRotary@gmail.com. Niskayuna Rotary has already set up its own fund and would be glad to help you or your club or your organization do the same. Our Fund is named after the major donor, “The William Green III – Niskayuna Rotary Donor Advised Fund #451”. Our fund has about \$20,000, so the interest earned allows creating a Paul Harris Award annually, as was the original intent.

But be aware that TRF Donor Advised Funds are restricted to donating to other 501c3 organizations and for scholarships. This means you won’t be able to use the funds for club projects, like putting up benches in the park. But you can use the funds to donate to The Rotary Foundation’s Annual Fund, Polio Plus, Rotary Grants, all of which create Paul Harris Awards. And your fund can donate to the many registered charities in your neighborhood and across the nation.

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Lake George Rotary presents

KEEP GIRLS SAFE & IN SCHOOL



SOKONI WOMEN'S DEVELOPMENT INITIATIVE (SOWETE)



In Kenya, women and children walk an average of **10 MILES** a day to get dirty water.

Young girls **miss school** to help their mothers get water.

PARTNERSHIPS

Lake George Rotary, Rotary Club of Karura and a grant from Rotary International to provide:



57
10,000 LITER
TANKS





1 TANK = \$850



Dorca, 2012



Dorca, 2021

-  Sustainable gutter systems
-  Connect to their home
-  Provide clean, treated rain water
-  Keep women safe + girls in school

<https://bit.ly/WaterTankDonation>

Send a check payable to:

Lake George Rotary Foundation
Kenya Water Project
P.O. Box 321
Lake George, NY 12845



ROTARY DISTRICT 7190 INVITES YOU TO DIVE INTO THIS REMARKABLE READ!

Reserve Your Copy Today!

Coming soon to your local bookstore and amazon.com!



Photo By Gretta Hochsprung of The Post Star

Louise Beckerle Rourke is a polio survivor from six months of age. With her right leg paralyzed, she is a lifetime swimmer of Lake George. In 2018 Louise Rourke was joined by Bridget Simpson in a two-person relay to swim the length of Lake George. This epic 32-mile "Swim To End Polio" raised over \$120,000 for polio eradication. The dedication and determination of people like Louise motivates Rotarians and others today to not give up until global eradication of polio is complete.

Michael K. McGovern,
Rotary International PolioPlus Committee Chair

"Louise's book brings to life her remarkable journey and success in overcoming adversity. It is a moving and personal story of her deep appreciation of Lake George. This is truly an inspiration and pleasure to read."

Kitty Rooney,
Lifelong Lake George resident, Lake George Historical Association Trustee

"This is a book about *memories* and *mission*. It is an inspiring, heart-warming, motivating memoir of the purposeful path that Louise Rourke took from being stricken with polio as a young child to become the Queen of the Queen of American Lakes. Jump in the water with Louise in this swimmingly touching story."

Dr. Joel Goodman,
Founder and CEO of The HUMOR Project, Inc. in Saratoga Springs, NY

